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WHY MUST I BE A TEEN ALIEN IN LOVE?

TWILIGHT AUTHOR STEPHENIE MEYER'S LATEST SAGA OF INTERSPECIES LOVE, THE HOST, SWAPS VAMPIRES FOR BODY SNATCHERS **PAGE 10**



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A dog looks out at a flooded farmstead in 2009 near Minot, N.D. Manitoba's latest flood forecast, which comes on the heels of forecasts in the U.S. and Saskatchewan, was scheduled to be released Tuesday. THE ASSOCIATED PRESS

Province's flood forecast to come today

Bracing for impact.
Fargo to flood for the
fourth time in five years

As Fargo, N.D., braces for a major flood, Manitobans are due to hear the latest flood forecast from the province Tuesday at 11 a.m.

A major flood in Fargo doesn't immediately translate into major flooding upstream, but it does increase the likelihood that Manitoba will see flooding this spring.

With its ominously titled slideshow, "Get ready for a big one," the U.S. National Weather Service told flood-weary residents in the Fargo area last week to prepare for one of the Red River's five largest crests this spring, an

The waters rise

The flood threat comes as Congress is to consider whether to help fund a nearly \$2-billion diversion channel around the Fargo-Moorhead area, similar to the Red River Floodway, which currently protects Winnipeg from a one-in-700-year flood.

outlook that prompted city and county officials to plead for permanent flood protection.

The latest weather service flood outlook for Fargo and neighbouring Moorhead, Minn., includes a 50 per cent chance that the river would top 38 feet later this spring, which would surpass the

fifth-highest crest of 37.34 feet in 1969.

There's a 10 per cent chance of an all-time record.

It would be the fourth major flood in five years, including a record crest of 41 feet in 2009.

Fargo Mayor Dennis Waker said the city will "do whatever's necessary" to protect its residents. The city is asking for volunteers to help make 500,000 sandbags, which would add to a reserve of 750,000 bags.

The operation, tabbed "Sandbag Central," is expected to open on April 3. The city expects to place 1.1 million sandbags and the county plans to utilize 500,000 sandbags to protect structures.

THE ASSOCIATED PRESS, WITH FILES
FROM ELISHA DACEY/METRO

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Do you hear the people sing?

Cameron Mackintosh's new 25th-anniversary production of *Les Misérables* will come to the Centennial Concert Hall July 23-28. The new production also features new staging and reimagined scenery inspired by the paintings of Victor Hugo, according to a release. METRO/CONTRIBUTED



Crash blocks Main Street

A man and woman had to be taken out of their car in stretchers after a two-car collision blocked northbound traffic on Main Street at York Avenue for about an hour just before 11 a.m. Monday. Police said traffic was back to normal shortly after noon. SHANE GIBSON/METRO

Winnipeg scores extra Women's World Cup game

Olé, Olé, Olé. City, originally slated to host six games, will now get one more



BERNICE PONTANILLA
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It may not be the Canadian women, but Winnipeggers can expect to see high-calibre teams during the 2015 Women's World Cup, said a former FIFA referee and the current head of the Manitoba Soccer Association.

Hector Vergara, executive director of the MSA and an assistant referee at three FIFA men's World Cups, said Winnipeg was originally meant to host only six games; that number was upped to seven by FIFA's executive committee.

"We're fortunate to have seven," he said.

"We knew it would be hard to get Canada; at the end

of the day, it's the Women's World Cup in Winnipeg. It's going to be outstanding."

Vergara said with so many host cities and the lack of a 60,000-seat stadium — the games will be played at the 33,500-seat Investors Group Field — it would have been a surprise to get matches beyond the opening round.

However, Vergara said Winnipeggers will be treated to first-class squads due to the way teams are seeded for World Cups. Top contenders get the first seed in each of the groups.

Winnipeg gets two D1 matches, one B1 and one C1; this could include Brazil, United States, Germany or reigning champions Japan.

"We may get some really quality teams here," he said, adding he also expects an influx of visitors that will travel to Winnipeg to cheer for their homelands.

"What else can you ask for? Just get behind it and support it."



Winnipeggers could be watching top players like Brazil's Marta, left, in 2015. GETTY IMAGES FILE

Expo. Event aims to help homeless with mental-health issues

Local participants from At Home — a five-year cross-country study looking at what can be done to help homeless people living with mental illness — are holding an expo Tuesday to help other Winnipeggers facing the same issues.

Organized by those who've experienced homelessness and mental illness firsthand, the inaugural Find the Good: Human Expo at the Indian and Métis Friendship Centre aims to connect others with information, services and resources.

"They've had a meaningful voice in providing guidance to the Winnipeg project as it's unfolded over the last five years," said Lucille Bruce, Winnipeg site co-ordinator for the At Home project of the participants. "Now, because the ... project is (ending on) March 31, they wanted to hold an event to bring people together."

The At Home project, developed by the Mental Health Commission of Canada, involved more than 2,000 homeless people in five Canadian cities, and looked at a housing-first approach — helping homeless people get back into the community by providing them with housing and support services.

In Winnipeg, Bruce said, 278 people now have homes, and the research has shown the approach not only works for the individual, but also cuts the cost of social services long-term. "It's reducing the cost in terms of utilization of emergency-room services, justice, police and shelters," she explained. "It's showing that it is working." SHANE GIBSON/METRO

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Dad blasts decision to free murder accomplice

Statutory release.

Floyd Wiebe, who lost his son TJ in 2003, says he's disillusioned with the justice system



BERNICE PONTANILLA
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The father of a Winnipeg murder victim says the impending release of one of the men who helped plot his son's death shows the need to reform the Canadian justice system's statutory-release policy.

Floyd Wiebe, whose son TJ, 20, was murdered in 2003, said Dominic Urichen is up for statutory release on Thursday.

Urichen, who was sentenced to 12 years, is one of three men convicted in a love-triangle plot that cost TJ his life.

According to the National Parole Board, Urichen will be released to a halfway house in Kelowna, B.C.

"Why are they releasing this guy?... The public needs to know that this guy is getting out after not taking responsibility.... (He) hasn't changed his life whatsoever," he said.

Wiebe said he doesn't understand why the parole board didn't choose to keep him in jail longer by invoking a detention order.

The board's report states that Urichen has hallucinations of stabbing people, refused urinalysis tests and displayed "poor problem solving" by getting into gambling debts.

The same report says Urichen will have to abide by eight conditions, including no drugs or alcohol, following



Floyd Wiebe says his son's killer has shown no remorse and shouldn't be released early. METRO FILE

Parole board's take

What the National Parole Board's report says about Dominic Urichen:

- "In the recent past, you have refused all urinalysis tests, been found in possession of drugs and have exhibited poor decision making with regard to negative peers."

- Furthermore, the report

states Urichen's "mental-health issues include paranoid thinking and difficulty in identifying reality, in addition to command hallucinations to stab others. In addition to this, actuarial scores place you at a high risk of reoffending. You continue to have an attitude of indifference and a lack of responsibility towards your offending."

substance-abuse and psychiatric treatment. He also can't as-

sociate with anyone involved with drugs and gangs or own

more than one cellphone. These conditions end in 2016.

Michael Weinrath, chair of the criminal justice department at the University of Winnipeg, said the number of conditions shows Urichen will be kept on a "shorter leash."

"It's a grey area," he said about statutory release in general, adding it was in the late 1980s that the government moved legislation to allow prisoners to be kept beyond two-thirds of their full sentence if there is strong evidence that the public is in danger.

"To be retained in custody, you have to have shown a repetitive violence."

When love is a drug — literally

As science gets closer to creating a drug that helps couples stay in love, two philosophers from the University of Manitoba are going head-to-head this week to debate the ethics of such an idea.

Professors Arthur Schafer and Neil McArthur will publicly square off at the school this week over the so-called love drug, which Schafer told Metro already exists in the experimental stages and could be approved for human use over

Debate format

The hour-long debate will see each professor spend about 15 minutes making his case, before the floor is opened up for a discussion with the audience.

the next decade or so.

"It'll improve bonding and commitment," he said of the mixture of vasopressin and oxy-

tocin that helped the normally "quite promiscuous" mountain vole become monogamous in early studies. "There are some human trials but they're in the very early stages, so the scientific evidence that any of this will work is very thin."

"The discussion will be more (along) the lines of 'What if it does work?' 'Will there be anything wrong with taking it?'"

Schafer, who is director of the U of M's Centre for Profes-

sional and Applied Ethics, will argue against the idea, while McArthur, the centre's associate director, will fight for the drug.

"It's a hot topic," said Schafer. "I think anyone who's interested in the medication of society and the use of drugs for social problems will find it fun to attend."

The debate will get underway at 12:30 p.m. at University College on Wednesday.

SHANE GIBSON/METRO

Transit Tuesday



Weekly Transit News Update

WINNIPEG TRANSIT EASTER WEEKEND SCHEDULE

On Good Friday, March 29, Winnipeg Transit buses will be operating on a Sunday schedule. Easter Monday, April 1, Winnipeg Transit will operate on a regular weekday schedule.

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Police officer slain**Snowplow killing goes to the jury**

A jury is weighing the role psychosis played in the mind of a troubled drifter when he mowed down and killed a Toronto police officer with a snowplow.

The fate of Richard Kachkar, 46, was put in the hands of the jury at his

first-degree murder trial Monday.

Kachkar's lawyer has urged the jury to find him not criminally responsible by reason of mental disorder.

The defence argues the troubled man was psychotic and had lost his grip on reality when he killed 35-year-old Sgt. Ryan Russell on Jan. 12, 2011.

THE CANADIAN PRESS

Nova Scotia data**Officials delayed E. coli alert**

Public-health officials in Nova Scotia knew they were dealing with an outbreak of E. coli five days before they informed the public about it in early January, documents show.

Notes from a meeting, which were released under

access-to-information legislation, show that health-department officials knew they were dealing with seven confirmed cases of E. coli affecting people ranging in age from 18 to 83.

Liberal health critic Leo Glavine said the province needs a more robust process to ensure timely disclosure of health matters, such as the outbreak.

THE CANADIAN PRESS

Oligarch's death**How do you burn through billions?**

The unexplained death of Boris Berezovsky, 67, whose body was found Saturday inside his upscale English home, has refocused attention on the fantastic wealth racked up by Russia's ruthless oligarchs.

Berezovsky, who fled to

Britain in the early 2000s after a bitter falling-out with Russian President Vladimir Putin, had once been considered Russia's richest man.

But by this January, a British judge was wondering whether the tycoon would be able to pay his debts. His lawyer said he'd been in "a horrible, terrible" emotional state.

THE ASSOCIATED PRESS

Sadistic, tyrannical, unstable ...

Startling testimony at inquest. Psychiatrist alleges a dark side to Ashley Smith, a teenager who killed herself in her jail cell

Quoted

"Ashley was dour, sullen, blunted in general, with occasional bursts of animation and humour."

Dr. Jeffrey Penn, a psychiatrist who treated Ashley Smith in prison in Truro, N.S.

A teenage girl who killed herself in her prison segregation cell was highly unstable, showed sadistic tendencies and was one of the most difficult cases he had ever seen, a psychiatrist testified Monday.

Dr. Jeffrey Penn told the Toronto inquest into Ashley Smith's death that only top-quality, sustained psychological care could have helped her overcome her extreme problems.

"She presented one of the more severe personality pathologies that I have encountered," Penn said.

"She would have a period where she was making progress and then she would have to self-destruct."

Smith, who had been teased mercilessly growing up, was emotionally immature, giggly, took pleasure in inflicting pain on others and had only a limited capacity for remorse, Penn testified.

In some ways, he said, Smith hadn't progressed beyond age two or three.

"This young woman is essentially a large tyrannical

child who can't tolerate limits, feels estranged and isolated from peers, unloved, unliked and often hopeless," Penn wrote at the time.

Despite the various problems, Penn said the mental health system in prison is "better than people think," although it could be improved.

Smith, however, was simply an extremely difficult inmate and patient.

"She had incredibly poor social skills. She can't get along with peers or with staff," he said.

"The answer was going to be very intensive psychotherapy, but where? I don't know."

Smith had a tremendous drive not just for attention but also to control her world and her environment, Penn said.

She also had a strong need for arousal.

"When I'm bad, I get a feeling of excitement," he said she told him.

THE CANADIAN PRESS

Her lonely end

Ashley Smith choked to death in segregation at the Grand Valley Institution in Kitchener, Ont., in October 2007. She was just 19.



Sign here please, PM.... You have a parcel of pandas

What's black and white all over and the centre of Prime Minister Stephen Harper's attention? Look right — there's Da Mao, one of two giant pandas that have just flown in from China on the Panda Express, a specially outfitted jetliner. Harper officially took delivery of Da Mao — like panda Er Shun, on loan to Canada from China — at Toronto's Pearson International Airport on Monday. "It's not every day you get to sign for pandas," the Prime Minister joked. The loan is the result of a deal reached when Harper visited China just over a year ago. FRANK GUNN/THE CANADIAN PRESS

Italy killing. New trial looming for Amanda?

Amanda Knox is waiting anxiously in Seattle to hear whether she'll face murder charges again in Italy.

She was acquitted in the death of her roommate.

But now Italian prosecutors have asked the high court to throw out the acquittals of Knox and her Italian ex-boyfriend in the murder of 21-year-old British student Meredith Kercher and order a new trial.

After hearing six hours of arguments, the court delayed a decision until Tuesday.

Knox is "carefully paying attention to what will come out," attorney Luciano Ghirga said as he arrived at Italy's Court of Cassation in Rome.



Amanda Knox: Acquitted once.

THE ASSOCIATED PRESS FILE

Knox, now 25, and Raffaele Sollecito, who turns 29 on Tuesday, were arrested in 2007 after Kercher's body was found in a pool of blood in a rented apartment in Perugia. Her throat had been slashed.

THE ASSOCIATED PRESS

Flu vaccine. Mandatory shots may backfire: Expert

Should mandatory flu shots for health-care workers be put on hold?

A prominent infectious-diseases specialist says yes.

Dr. Michael Gardam says he gets a flu shot every year but thinks mandatory programs for health-care workers could end up being challenged in the courts.

Gardam and a colleague say in this week's Canadian Medical Association Journal that pushing flu shots in this way could undermine other vaccination efforts.

Gardam, head of infection control at Toronto's University Health Network, also worries this type of fight could be used by the anti-vac-



Experts fear that forced vaccinations could end up in the courts. GETTY IMAGES

cination movement.

Flu-vaccine proponent Dr. Allison McGeer says a better vaccine would be welcome but the current one does help to save lives and should be used by health-care workers.

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Bus fare?

\$1.3-million bag leads to charges

A yearlong investigation into a bus passenger's million-dollar backpack has led to criminal charges.

Winnipeg police were called to a bus terminal in February 2012 and found a man carrying \$1.3 million in cash in a backpack.

A 50-year-old man was arrested but released with-

out charges pending further investigation.

Last month, Erwin Thomas Speckert of Minden, Ont., was charged with several proceeds-of-crime offences allegedly linked to illegal gaming in Ontario.

A warrant for his arrest was obtained, and he turned himself in last week.

Speckert has been released and is set to appear in court in Winnipeg on April 22.

THE CANADIAN PRESS

This time with clothing

Prince Harry heads back to U.S.

Britain's Prince Harry is returning to the U.S. — but skipping Vegas this time.

Harry, a supporter of charities that rehabilitate war veterans, will attend events at the 2013 Warrior Games, a competition between U.K. and U.S. veteran athletes.

His May 9-15 visit will include an exhibition on

Capitol Hill about landmine clearance and a tour of areas hit by Superstorm Sandy.

Harry will also play in a polo cup for Sentebale, a charity founded by Harry and Lesotho's Prince Seeiso to help poor children in the African country.

On his visit last year, the prince made headlines when he was caught frolicking in the nude with a woman after an alleged game of strip billiards in his Las Vegas hotel room. THE ASSOCIATED PRESS



Deputies of the Five Star Movement attend the second-day meeting of the new Italian parliament on March 15 in Rome. The party broke a world record for its MPs' median age. GIORGIO COSULICH/GETTY IMAGES

Italy's youth rise to power amid chaos

Five Star Movement. Protest party received quarter of all votes

ELISABETH BRAW
Metro World News in Rome

Italy's parliament is suddenly looking like a university auditorium. That's because many of the newly elected parliamentarians are students.

MP Laura Castelli, 26, once tweeted about a journalist who was chasing her: "He thinks we're extraterrestrials."

It's true that these new MPs have little knowledge of political proceedings: Most of them belong to the Five Star Movement, Italy's phenomenally

successful protest party.

"So many people voted for (leader) Beppe Grillo because they're nauseated by all the recent scandals," said student Luisa Ciaramella, 25, from Naples.

The median age of the Five Star parliamentarians in the lower house is 33 — a world record. Thirty-five of these new parliamentarians are under 30. And, as Grillo recently pointed out on his blog, his MPs are also Italy's best educated.

But while Italy's parliament enjoys an aura of fun rebellion, its problems remain grave.

Five Star has proposed leaving the eurozone, an idea Umberto Ambrosoli of the centre-left alliance called "very dangerous. They're just suggesting it to abdicate themselves from responsibility."

Holy smokes! Israel gets first kosher-certified cigarettes for Passover

Observant Jews in Israel craving a smoke during the week-long Passover holiday that started at sundown Monday can now enjoy a rabbi-approved puff.

It's the first time cigarettes have joined the long list of goods stringently checked to ensure they comply with Passover rules on what items are kosher for the holiday — meaning they have not come in contact with grains or other forbidden ingredients.

The chief rabbinate in Israel, however, disapproved.



"Poison is not kosher. For all days of the year, not just Passover," said spokesman Ziv Maor. THE ASSOCIATED PRESS



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Ford India apologizes for ad with Berlusconi, bound women

Mumbai. Images that appeared online may never have been seen by anyone at automaker

The Indian unit of Ford Motor Co. has apologized for advertisements deemed as demeaning to women, including one depicting Italy's former prime minister Silvio Berlusconi with a trio of bound women in the trunk of a car.

A Ford India spokeswoman said Monday that the company is investigating whether anyone at the automaker ever saw the print ads, which were never used commercially but appeared over the weekend on a website showcasing creative advertising.

The ads caused an uproar online and came just after India passed a new law on violence against women following a fatal gang rape of a student on a bus that prompted mass protests and spotlighted the status of women in India.



This ad, depicting Italy's former prime minister Silvio Berlusconi with three bound women in the trunk of a Ford Figo, was created at advertising agency JWT India and appeared on the site adsoftheworld.com. The CEO of JWT India says that it and two similar ads were never paid for and "were not expected to be released." SCREENGRAB

Featuring Ford's logo, one ad showed three women bound and gagged in the trunk of an Indian-made compact, the Ford Figo, with Berlusconi smiling from the driver's seat alongside the slogan "Leave your worries

behind with the Figo's extra-large boot." Similar ads featured Paris Hilton apparently kidnapping reality-television rivals the Kardashian sisters — all three sisters tied up and one in a bikini — and Formula One driver Michael Schu-

macher abducting his male racing rivals.

Ford said Monday that it regrets the incident, calling the images "contrary to the standards of professionalism and decency within Ford."

THE ASSOCIATED PRESS

U.S. high court grapples with pharmaceutical industry's 'pay-for-delay' deals on generics



The U.S. Justice Department argues that "reverse settlements" between brand-name and generic drug firms are delaying the release of cheaper medications. GETTY IMAGES FILE

U.S. Supreme Court justices appeared troubled Monday over whether to stop deals between pharmaceutical corporations and their generic drug competitors that the government says could keep cheaper forms of medicine from American consumers for longer periods of time.

Justices heard arguments from the Justice Department against what the government calls "pay-for-delay" deals or "reverse settlements."

Such deals arise when generic companies file a challenge at the Food and Drug Administration to the patents that give brand-name drugs a 20-year monopoly. The generic drugmakers aim to prove the patent is flawed or otherwise invalid, so they can launch a generic version well before the patent ends.

Brand-name drugmakers then usually sue the generic companies, which sets up what could be years of expensive litigation. When the two sides

aren't certain who will win, they often reach a compromise deal that allows the generic company to sell its cheaper copycat drug in a few years — but years before the drug's patent would expire. Often, that settlement comes with a sizable payment from the brand-name company to the generic drugmaker.

The Obama administration, backed by consumer groups and the American Medical Association, wants the court to stop the deals. THE ASSOCIATED PRESS

Ottawa. NDP wants RCMP to investigate budget leak

The RCMP should investigate last week's federal budget leak about tariff reductions because it could have allowed insiders to manipulate markets, the Opposition New Democrats charged Monday.

NDP deputy finance critic Guy Caron has written RCMP Commissioner Bob Paulson about "potentially criminal actions related to a breach of budget secrecy."

The National Post, followed by the Globe and Mail, reported on the eve of last Thursday's budget delivery that Finance Minister Jim Flaherty would cut tariffs on hockey gear and some baby clothing.

"The leak and the availability of this information, prior to it being made public in the budget, gave those with this information an opportunity for personal financial gain," Caron wrote in his letter.

The newspaper scoops were widely interpreted as tactical leaks by the Harper government to prime the media machine — and television reports on

Precedent

- NDP deputy finance critic Guy Caron says such budget leaks were once taken very seriously, citing the leak under the Mulroney Conservatives in 1989 that led to the resignation of the finance minister and an RCMP investigation.

budget day were indeed filled with images of kids in hockey gear. Only later did it become clear that the Conservatives had also increased tariffs on a much wider array of goods, more than offsetting any tariff cuts to a few popular items.

Caron couldn't quantify any financial edge the leak might have offered a would-be investor, but he said that's beside the point. "What you have to look at is that it changes the behaviour of companies in those industries, that's for sure," Caron said. THE CANADIAN PRESS

Market Minute

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#SORRYNOTSORRY FOR HASHTAGS

A friend of mine recently told me she is having trouble coming up with a suitable hashtag for her upcoming wedding. Her social-media-savvy guests will want to know what the official wedding hashtag is before they start live-tweeting from the venue and sharing their heavily filtered snapshots all over Instagram. This is a major #firstworldproblem of course, but her panic got me thinking about the symbol's growing cultural relevance.

Twitter first introduced the hashtag concept in 2007 to group conversations and streamline the search function within the micro-blogging site. Today, about one in eight tweets feature words or phrases that are prefixed with a hashtag symbol, which has since been adopted across numerous social-media platforms. Google+, Instagram, Tumblr and Pinterest all support the hyperlinking pound sign and soon, rumour has it, Facebook will finally incorporate hashtags into its interface.

The functional marker has evolved into something much more than its developers could have predicted. The symbol has



SHE SAYS
Jessica Napier
metronews.ca

been embraced by inside jokes and revolutionaries alike, and the humble hashtag helps rally individuals together online and in person and has entirely changed the way we watch award shows. We all know the #Oscars Twitter commentary is much more entertaining than the actual Oscars.

Even more interesting is the way in which this digital code has transcended the realm of social media and is creeping into other forms of communication. I've started noticing hashtagged phrases written out in emails, I spotted a women's athletic shirt with #RUN emblazoned on the front, I've even seen friends use hand gestures to mimic the symbol during in-person conversations. Forget to brush your hair and put on mascara in the morning? Your au naturel look means you're having a #nofilter kind of day.

Hashtags serve no practical function in these forms but there's evidence of a growing trend; social-media language is migrating away from its intended platform and starting to infiltrate our speech patterns in interesting (albeit sometimes annoying) ways.

We employ these digital hieroglyphs to add new levels of

meaning to our conversations, to offer a clever aside, qualify what we're really trying to say, or underscore our sentences with an additional layer of emotion.

Some of the best hashtag phrases add a sardonic undertone of mocking, because we all know people who deserve to have #whitegirlproblem or #humblebrag shouted at them from time to time.

Away from the keyboard and stripped of its digital functionality, the ubiquitous symbol is becoming increasingly prevalent in face-to-face communication. Who can forget Jack Layton's best dad-joke moment when he referred to Prime Minister Stephen Harper's crime policies as "a hashtag fail."

Some lament the lazy nature of the hashtag, arguing that this idle form of expression is destroying our ability to communicate properly along with other digital shorthand devices such as text-message abbreviations, LOL-speak and emoticons. But anyone who has ever picked up a Shakespeare play knows that dialects evolve over time. We've created a modern hybrid language in blending our spoken and typed words and symbols and, like it or not, the hashtag seems like it's #heretostay.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Balloons not just for clowns and circus folk



DAVID CHESKIN/THE ASSOCIATED PRESS

Gasp! It's time to come up for air

New York artist Jason Hackenwerth starts work on a giant balloon sculpture named Pisces inside the National Museum of Scotland,

in Edinburgh on Monday.

When complete, the sculpture will span three floors of the museum and is designed to represent the natural world.

"Even when I'm in my studio day after day, it always

feels full of new possibilities," Hackenwerth says of his art.

He says he uses balloons as a medium because they are accessible to a wide audience and often take people back to their childhood.

THE ASSOCIATED PRESS

Online

- Listen to the artist discuss his muse and see how he creates the masterpieces at metronews.ca.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

It's no use crying over what could have been if Twitter had existed at the same time as some of history's more famous events. Take these accounts as inspiration and flex your intellect by reporting your pet historical event as it happened.

@RealTimeWWII:

A day-by-day retelling of the Second World War with a wonderful knack for digging up quotes from world leaders and updates from the war's lesser-known theatres.

@TitanicRealTime:

Right now, everybody is extremely



pleased by reports of the unsinkable liner's luxurious accoutrements. But stay tuned — things are about to get real very soon.

@SamuelPepys:

The Great Plague and the Great Fire of London are a few bite-sized eyewitness accounts taken from the English Restoration's most famous diarist.

Twitter

Rihanna's concert equipment was halted at the border ahead of last night's concert. Fans were on tenterhooks awaiting the outcome and took to Twitter to speculate, and vent.

@donkz: The reason @Rihanna's Trucks were stopped at the border is because they found @chrisbrown hidden in a crate #winnipeg #FreeRihannaStage

@itsemilysimard: I can't even believe they're holding her trucks at the border... LIKE DO YOU KNOW WHO SHE IS OR? #FreeRihannaStage

@CluckitsChelsea: #FreeRihannaStage IF THE SHOW GETS CANCELLED CAUSE OF THIS I'M THROWING MYSELF OFF A CLIFF

@fenty1love_OHB: We'll give Drake back for Rihanna's stage! #freerihannastage.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

DVD reviews



Lincoln

Director. Steven Spielberg

Stars. Daniel Day-Lewis, Sally Field, David Strathairn

Neither the title-implied biopic nor an assault on the tear ducts, Steven Spielberg's *Lincoln* serves history by favouring background over foreground. Daniel Day-Lewis's Oscar-winning portrayal of the 16th U.S. President is grounded on the complex humanity of the man, one forced by circumstances to deal not only with epochal national concerns — slavery and the Civil War — but also pressing family ones. His Abraham Lincoln is grey of hair and beard, walks with a slight stoop and speaks in a higher register than our mind's ear may wish to hear. He's capable of thunder — we see glimpses — but he frequently comes across as timorous, in his dealings not only with political foes and allies but also with his high-strung wife Mary (Sally Field) and headstrong son Robert (Joseph Gordon-Levitt). Scripted by Tony Kushner (TV's *Angels in America*, Spielberg's *Munich*) the film loosely adapts Doris Kearns Goodwin's non-fiction best-seller *Team of Rivals: The Political Genius of Abraham Lincoln*. It finds focus in the marrying of high principles with low politics.

PETER HOWELL



Lil Wayne releases his latest album, *I Am Not a Human Being II*, this week. THE ASSOCIATED PRESS

Same old Lil Wayne

New album.

Forget the story line — rapper's strength still lies in his lyrical zingers

Lil Wayne's *I Am Not a Human Being II* album opens with a familiar sound — someone's flicking a lighter. It's Weezy's sonic signature, a long-running nod to the weed, women, booze and bravado that has shaped so many of his musical releases, including his latest.

Now on his 10th album, singles like *No Worries* and the Mike Will Made It-produced *B—s Love Me* sug-

gest that Wayne's priorities haven't changed. Luckily for fans, he covers familiar territory with fresh, tweet-worthy punchlines.

But if you're looking for storytelling, look elsewhere. Wayne's expertise is in lyrical zingers.

He unleashes a dazzling array on the 2 Chainz-assisted *Rich as F—*, which features a standout, swaggering beat from producer T-Minus. "AK on my night stand, right next to that Bible/But I swear with these 50 shots, I'll shoot it out with 5-0/Pockets gettin' too fat, no Weight Watchers, no lipo," Wayne raps.

His performance on the song may very well con-

vince on-the-fence fans that the YMCMB captain still has passion for his craft.

He's entertaining on *Trippy*, one of two tracks produced by Juicy J and Crazy Mike. "I got high, and fell asleep loaded/I woke up and got high again/OK, I'm reloaded," Wayne raps, making no apologies for his recreational activities.

He's a sinister presence over the equally sinister beat of the production duo's *Trigger Finger*, and seems to laugh about his 2010 eight-month jail stint on *Gunwalk* featuring Gudda Gudda.

The songs are reminders of a more focused Wayne — a version of the rapper that seems to be absent from

tracks like *Curtains*, where he phones in lines like "I'm getting cake like I'm Jewish/my n— Drake, he Jewish."

He rages through the heavy metal-influenced *Hello*, but crossing genres doesn't change the same tired content.

And while the hook on *God Bless Amerika* promises a more thoughtful Wayne, his verses don't measure up — a disappointment considering his still-revered status as the best rapper in the game.

Overall, Wayne meets expectations for Wayne these days — not saying much (of substance), but giving listeners plenty to talk about.

THE ASSOCIATED PRESS

Beyoncé sizzles with H&M this summer

New campaign.

Singer appears in discount fashion retailer's ads that channel the 'four elements'

Whoever told you that this is the year of the snake lied.

It's the year of Beyoncé, obviously.

And because you haven't

seen enough of her yet, H&M has just released these ads starring everyone's favourite Super Bowl halftime act.

"I've always liked H&M's focus on fun and affordable fashion," she says in a press release.

Mrs. Carter collaborated with the brand to create the television and print ads, which are meant to "explore the different emotions of women represented by the four elements

— fire, water, earth and wind."

We're guessing this image of her lying on the beach is meant to channel the fire part. Hot.

Did you see what we did there?

The collection, which includes body-con dresses, flowy sundresses and bikinis, hits stores in early May.

Wear one of them to her concert.

METRO WORLD NEWS



Beyoncé strikes a pose for H&M. THE ASSOCIATED PRESS/H&M

Meyer's desert dream now a feature film

The Host. Twilight author came up with her latest world on a drive from Phoenix to Salt Lake City

RICHARD CROUSE
scene@metronews.ca

Unlike most pop culture superstars, author Stephenie Meyer is not on Twitter. Well, she is, but she's only tweeted twice, both times on April 16, 2009. Still, she has almost 100,000 followers eager to hear any pronouncement from the woman who gave us eternal lovers Bella Swan, Edward Cullen and the Twilight universe.

She had time to tap out

the two tweets because at the time her world "had not been affected by the movies as it is now."

Currently the five Twilight films have grossed over \$2 billion and a new film sits poised to create another Meyer franchise. It's unlikely she'll have time to tweet anytime soon.

The Host, starring Saoirse Ronan, is a science fiction romance based on Meyer's 2008 novel.

"When I came up with the idea I was driving between Phoenix and Salt Lake City," she says.

"Through the desert there really is nothing for hours and hours and I didn't have anyone to talk to, so I was entertaining myself and in the middle of that came the idea of two people, in one body, in love with the same person, and that conflict. I thought,

"That's not a bad idea' and I started working on it, just in my head, until I could get to where I could start typing."

Her love of science fiction dates back to early childhood when her father would read the stories of Frank Herbert, Orson Scott Card and others aloud to the family. "I remember he read us Dune. The first one gave me nightmares."

The home readings, she says, were "great for a growing imagination. I also had a real affinity for that kind of reading so I don't think it was an accident that the second world I created was a science fiction world."

She's quick to point out, however, that The Host is suitable for people who don't necessarily like sci fi.

"It's in our world and it looks the same and people are in our bodies, so it feels

Quoted

"I remember he (Meyer's father) read us Dune. The first one gave me nightmares."

Stephenie Meyer on her earliest experiences with the sci-fi genre

the same.

"You don't have to try and immerse yourself in something that is completely alien to you.

"I think that takes away one of the hurdles for people who aren't sure about science fiction."

As a fan, however, she sees the tantalizing possibilities in the genre.

"Science fiction lets us experience something that we haven't yet," she says, "but we might."



Stephenie Meyer says she's liked science fiction since she was a young girl. THE ASSOCIATED PRESS



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Four weddings and a few red flags



Jesse James

Jesse James has tied the knot for the fourth time, marrying drag racer Alexis DeJoria in Malibu this weekend after dating for less than two months, according to Star magazine. James' most recent marriage — to Sandra Bullock — ended in divorce in 2010 after his infidelity came to light. DeJoria is the daughter of billionaire Paul Mitchell co-founder John Paul DeJoria, who also

helped launch Patron tequila and the House of Blues nightclub chain. "Jesse's always had a man-crush on John Paul, and what better way to get close to him than to get hitched to his daughter?" a source says. "But this marriage will be his fourth. If I were John Paul — after what Jesse put Sandra through — I'd be warning him up front that when it comes to Alexis, he'd better watch his butt."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Lindsay's letting loose before lock up

Lindsay Lohan is apparently looking to make the most of her time on the outside before her 90-day sentence in a lock-in rehab facility begins. The troubled actress, who accepted her sentence as part of a plea deal last week, reportedly spent the week-end hitting up nightclubs around Southern California. On Friday, Lohan was spotted "drinking Ketel One vodka on the rocks and smoking Parliaments" at San Diego club Fluxx dressed in a Yankees baseball hat and a hooded sweatshirt, according to Us Weekly. And Saturday



Lindsay Lohan

night found her back in L.A. at Santa Monica's 41 Ocean, where she tried to dodge photographers, according to the Daily Mail. But Lohan has assured her Twitter followers that she's not partying as much as is being reported. "I'm taking this seriously and focused on the road ahead," she wrote before the wild weekend. "Don't believe everything you hear unless you hear it from me." There's still no word on when Lohan will begin her 90 days of treatment.



Spice Girls ALL PHOTOS GETTY IMAGES

Too much of something: A reunion recipe that's one Spice short

Spice Girls fans hoping for a reunion will have to be satisfied with the group's performance at the Olympics last summer, as that's it as far as Victoria Beckham is concerned, according to Radar Online. "Victoria has made no secret of the fact her singing days are over, with a hugely successful business and a growing family," her rep says. "She loved her time as a Spice Girl and will always wish the other girls well in whatever they choose to do." And whatever they choose to do may now include doing a reality show in which they

search for Beckham's replacement, according to the Daily Mail. "The girls, particularly Geri [Halliwell], think there is so much more that they can achieve, and they know that their fans still want to see them perform," a source says. "She would give anything for this to all work out. She has spoken to TV production companies about how it would work and is very excited. They are gradually getting further down the line." A source close to the band, though, insists that the four remaining members would not recruit a replacement.

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Could this alkaline diet change your life?

Mythbusting. Your body shouldn't be high on acid. Victoria Beckham's favourite cookbook, *Honestly Healthy*, looks at how alkaline-forming foods help you lose weight, be happy and fight insomnia. Metro investigates the claims

ROMINA
MCQUINNNESS
life@metronews.ca

"Our bodies function best when in an alkaline state. Yet, much of our eating trends and diets are very acid-forming in the body, leading to internal stress," Vicki Edgson, nutritionist and co-author of *Honestly Healthy*, tells Metro.

Why? Because other than in the stomach, which is highly acidic in order to break down food and kill bacteria, everything else in the body runs at an alkaline level.

"All our bodily fluids (blood, serum, urine) are between 7.35 and 7.45 on the pH scale. Matching this alkaline state makes it far easier for the body to digest, absorb and derive energy from the

The author



"Our bodies function best when in an alkaline state. Yet many diets are acid-forming, leading to internal stress."

Vicki Edgson, nutritionist
Author of *Honestly Healthy*

food we consume," she explains.

But certain staples, such

as coffee, milk and red meat, score between four to six on the pH scale.

When digested, they form acidic residues in the bloodstream.

"This places a heavier burden on the kidneys and liver to break them down further, as both organs require an increase of certain minerals in order to buffer such acidity," warns Edgson.

Edgson makes sense and *Honestly Healthy's* recipes are delicious — we've tried them — but are her claims correct?

We asked Amanda Griggs, Nutritional Therapist at the



Balance Clinic London (whose clients include super-model Elle Macpherson) to weigh in on the claims.



**70% alkaline,
30% acidic =
balance?**

What the nutritionist says: "True! An alkaline diet is basically a healthy one that includes fresh vegetables, fruit, nuts and water but excludes excessive amounts of processed foods, coffee, and alcohol."

Good food will improve a mood

What the nutritionist says: "Alkaline foods such as green leafy vegetables, nuts and seeds are rich in magnesium, folic acid and B vitamins that stimulate and increase serotonin levels."



You'll lose weight naturally

"ninety-nine per cent of people put on weight when they're unhappy and therefore eating inappropriately. But if you feel great, you'll lose any excess body weight anyway," claims Edgson.

What the nutritionist says: "True! Over-acidity can equal weight gain."

Clear skin, shiny hair & better BO

What the nutritionist says: "True! The body neutralizes excessive acids with alkaline minerals such as magnesium and potassium. An excessively acidic diet puts a strain on the organs of elimination such as the colon and skin."



Better sleep/focus

What the nutritionist says: "True! With a constant onslaught of a high acidic diet that includes stimulants such as caffeine, sugar and alcohol, the body resorts to leaching valuable electrolytes such as calcium, magnesium, potassium and sodium from vital organs and blunt valuable hormones, which we need for restful sleep."

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Vision restored

Civil engineer with eye disorder waited three years for each cornea transplant

Since her teen years, Sandra vanRassel knew that her vision would one day degenerate. Diagnosed at 18 with Fuchs' dystrophy — a slow-progressing eye disorder that affects the cornea — she expected that at some point in her adult years, cornea transplants would be required to restore her vision.

When vanRassel turned 40, it was time for the transplants, but it would be another three years before the Thunder Bay mom would have her first surgery — a time period when her quality of life was severely diminished.

A civil engineer with Aboriginal Affairs and Northern Development Canada, she was unable to work for three years. However, driving was impossible, as were simple tasks such as reading mail. Friends and family rallied to help vanRassel with her grocery shopping and social outings like her son's playgroup.

"I couldn't even see my son's nose running; if he had a cold, I wouldn't know it," recalls vanRassel, now 47. "[The other moms] would come and see me and say, 'He needs his nose wiped.'"

She had transplants in 2007 and 2010 at Toronto Western Hospital. In total, she waited six years — three for each eye. This long wait time is all too common, according to Dr. Guillermo Rocha, a Manitoba cornea transplant surgeon and a member of the Canadian Ophthalmological Society.

"In Manitoba, we handle a waiting list for five surgeons — which [would be] about 120 patients — all the time," Rocha says. "I had a patient that was really frustrated. He had been waiting for a year and a half."

Part of the problem lies with how the system is organized in Canada. Wait times vary widely across the country, and cornea transplant surgeons typically manage their own wait lists.

It's not that corneal tissue is particularly hard to come by; in fact, it's quite the opposite. "Of all the types of transplantations, I would say [cornea transplant] is the easiest," Rocha says. "You basically want



Sandra vanRassel: "It would be nice to have a shorter waiting list... and if more people registered and donated."

a cornea that is healthy."

Individuals who are near- or farsighted, for example, are still good candidates as cornea donors.

At any given time, more than 2,000 people may be waiting for transplants across Canada (excluding the province of Quebec) and wait times can vary from six months to three years.

"The sad thing is that we know if we were [somewhere else] — the United States or even India and Colombia — they would be getting [corneal] tissue within two weeks," says Rocha.

Waiting lists are almost non-existent in other countries, including the U.S. and the U.K.

"You can schedule a surgery there and you know a cornea will be available. The wait is weeks, not months or years," says Mathias Haun, director of strategic planning for tissues at Canadian Blood Services, a non-profit organization. Their mandate, in addition to managing the blood supply for Canadians outside Quebec, includes increasing public education and awareness about organ, eye and tissue donation and transplantation.

increase national awareness around the importance of eye and tissue donation to help people like Sandra vanRassel.

With her vision now restored to 20/30 through the use of lenses — up from 20/80 and 20/50 before the operations — the frustration that came with those long waiting times has dissipated, now replaced with gratitude.

"It would be nice to have a shorter waiting list and it would be nice if more people registered and donated," she says, "but I am still very appreciative of those who did decide to donate."

For vanRassel, the donors were a 15-year-old girl and a 50-year-old father. She wrote letters of gratitude to their families — a process so overwhelmingly emotional that it took a year to complete the first letter.

"It's so hard to write a letter and thank people for what you've gained when they've lost," says vanRassel, choking up at the memory. "I can't say thank you enough to those families."

Because she knew as an 18-year-old that she'd eventually need transplants, vanRassel says she's always supported organ and tissue donation. But in the years since her surgeries, her advocacy has grown stronger.

"I push more for it and try to make people aware of how they can help other families and how important it is," she says. "But I don't think some people realize how much they can help other families."

"I hope that other families who do give donations realize how much it is appreciated. ... It's so nice to know that there are people out there who will make that choice."

Want to donate? Here's how

Canadian Blood Services, CNIB and the Canadian Ophthalmological Society are partnering to encourage people to consider becoming an eye donor.

According to recent polls by Canadian Blood Services, 95 per cent of Canadians support the idea of organ and tissue donation. But only 51 per cent of Canadians say they are willing to donate their organs and only 39 per cent say they are willing to donate their tissues.

The ways to register or declare your intentions to donate vary from province to province.

Go to organsandtissues.ca/donate and click on your province to find out how to become a donor.



Insight

The facts about cornea tissue, transplants and wait times

Blindness and vision degeneration due to conditions affecting the cornea are treatable. With cornea transplants, vision can be restored. But as shown by statistics (see below), the wait for transplants in Canada is long and the effects of vision loss are grave.

An estimated 2,000 Canadians are waiting for a cornea transplant.

Transplant wait times in Canada can vary from six months up to three years.

There are eight eye banks in Canada, excluding the province of Quebec.

Financial and societal costs of vision loss are significant.* People with vision loss typically experience the following:

- twice the risk of a fall or premature death
- low income — the employment rate of working-age adults with significant vision loss is only 32 per cent, and 50 per cent of adults with vision loss live in poverty
- more medication errors
- two to five times as much difficulty with daily living
- three times as much clinical depression
- twice as much social dependence

* "The Cost of Vision Loss in Canada," CNIB and the Canadian Ophthalmological Society, 2009

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Mussels: art of simplicity



ROSE REISMAN
for more, visit
rosereisman.com

These simple and delicious Mussels with Tomatoes, Basil and Garlic can be either an appetizer or a main meal.

Serve the dish with a wholegrain French or Italian loaf to mop up the flavourful juices.

Ingredients

- 2 lb mussels in the shell
- 1 1/2 tsp vegetable oil
- 3/4 cup finely diced onion
- 3/4 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced zucchini (optional)
- 2 tsp crushed fresh garlic
- 1 can (14 oz) tomatoes, drained and chopped
- 1/3 cup dry white wine or fish stock
- 2 tbsp tomato paste
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1/3 cup chopped fresh basil



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

1. Discard any mussels that don't close when tapped. Scrub the mussels under cold water and pull off the beards. Set the mussels aside.

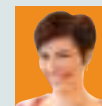
2. Spray a large non-stick saucepan with cooking oil, add the vegetable oil and place over

medium-high heat. Add the onions, bell pepper, zucchini (if using) and garlic; sauté for 5 minutes. Add the tomatoes, wine, tomato paste, dried basil and oregano; cook on medium heat for 10 minutes, stirring occasionally until sauce thickens slightly.

3. Add mussels. Cover and cook until mussels are fully open, 4 to 5 minutes. Discard any that do not open. Arrange in individual bowls and pour sauce overtop. Garnish with basil. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Health Solutions

Spring a leek today



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Any day now we are going to start seeing a spring crop of leeks.

And, like the middle child, they do require some effort (sorry middle kids) but pay dividends in the end.

Clean them up, treat them properly and you will never look back to plain old onions again.

• When cleaning leeks, it is best to cut them lengthwise into semi cylinders rather than rings. Cold running water between the layers removes the grit better so you won't

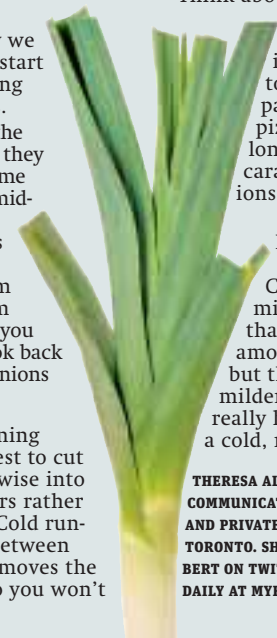
feel like you are eating a sandbox.

• Pan fry in butter with high heat to help brown and crisp the delicate fibres or they can become a slimy mush.

• Think about cooking a double batch and storing in the fridge to top soups, pastas and pizzas all week long much like caramelized onions ... only better.

Leeks provide more vitamin C, iron, Vitamin A and fibre than an equal amount of onion, but their unique, milder flavour really hits home on a cold, rainy day.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Tackling motherhood with a bit of 'ooh la la'

When Brooklyn mom Catherine Crawford began to feel as if her kids were running the household, she and her husband decided to try an experiment in French parenting. The more hands-off French method focuses on rules and boundaries between children and adults.

Her memoir, *French Twist: An American Mom's Experiment in Parisian Parenting*, chronicles her family's experience with "la vie française," and how it transformed their lives. Crawford learned plenty about American culture, child rearing and family dynamics.

Your "a-ha" moment occurred during dinner with French family friends — as you were about to bolt out of the room to tend to your crying daughter, your friend said, "If there is no blood, don't get up." Why was this moment so significant?

Throughout the evening, I had been in awe all night of my friends' children. They didn't seem to need the same amount of attention, and they

were extremely courteous. My daughter was freaking out about something and my instinct had always been to get up and run. My daughter calmed down. She figured it out on her own, which we don't let children do enough.

What changes did you make after that?

My husband and I defined rules. We said, "You're children. Daddy and I are grown-ups and we're not the same." I had to explain to them that they didn't get a say in everything. I realized I was always trying to fit into my children's world, whereas I never made them adapt to mine.

And this approach helped to bring the family closer together?

It provided a little relief for everyone. One of the best changes was in the way they related to each other. All of a sudden, they were a team. If mommy or daddy laid down a rule they didn't like, they had each other to commiserate



ate with. They play together so much more now.

What are some of the things American parents are doing right?

American parents encourage individuality. I didn't want to squash that in my kids. Our kids are boisterous, and I like that. There is a nice middle ground between the American and French examples.

NATALIE SHURE/METRO

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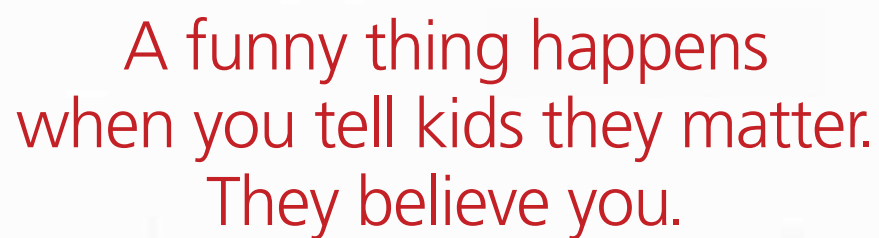
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Can you claim tax credits for an infirm parent?

Alison on Money.

It's a confusing area for taxpayers, thanks to a hazy, subjective definition of infirm



YOUR MONEY
Alison Griffiths
money@metronews.ca

Millions of Canadians are caregivers but are confused about whether they can claim caregiver tax credits for the elderly. This Metro reader is one of them:

"My mother is 80 and lives with me. Her income from OAS and GIS (guaranteed income supplement) is \$15,000. She can still do the daily basic necessities but her hearing is poor. I assist her with doctor appoint-

ments and ensure she is taking her daily medication. Can I claim any credits?" T.E.

It's a bit of a puzzle because there are three "caregiver" credits under the category, Supporting Other Infirm Adults, meaning other than a spouse.

These include line 305 (amount for eligible dependent), line 306 (amount for infirm adults age 18 or older) and line 315 (caregiver amount).

Line 315 is the most likely credit for you. The caregiver amount is \$4,402 for a dependent who is not infirm and \$6,402 if the person is infirm. The non-refundable tax credit is phased out when net income exceeds \$21,435 for the infirm and \$19,435 for those who are not infirm.

Line 305 (amount for eligible dependent) used to be called the equivalent to spouse amount. You must be single and have your mother living with you. This credit

Growing issue

2.7 million Canadians care for an elderly family member or friend.

is phased out when net income exceeds \$10,822 for those who are not infirm and \$12,822 for those who are.

You should talk to your mother's doctor to find out how she might be classified. The definition of infirm is hazy and somewhat subjective. If she's considered infirm, the line 306 tax credit also applies.

Also, if your mother's hearing loss qualifies her for the Disability Tax Credit (DTC), it could be transferred to you to reduce your taxes. A health professional will need to fill out the DTC application form, T2201, at cra-arc.gc.ca/E/pbg/tf/t2201.

Be aware that disability is a



There are several caregiver tax credits available to taxpayers.
ISTOCK IMAGES

specific condition according to the CRA. One can be disabled but not infirm, and vice versa.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Personal finance. Here's how women can take control of their money

For more than a century the financial services industry has focused on men as the primary target for individual insurance and retirement savings.

According to a study by the Boston Consulting Group, Canadian women control 67.2 per cent of all household spending. That's a lot of purchasing power in our economy.

"What's interesting is that while many women today are able to assert their independence through their lifestyle and career choices, many still find personal financial planning to be very stressful," said Janey Leslie, a certified financial planner with Desjardins Financial Security.

"Statistically, women live longer than men, they play a key role in family care-giving and decision-making, but they are often in a more vulnerable financial position. So it's essential that women create a financial plan that can support their current and future needs and lifestyle."

First, think about what

Women influence

- 91% of home purchases
- 90% of financial decisions

you would need financially to protect your family in case of an emergency such as an illness or a job loss.

Second, know where your money's going. Review your budget to identify any wasteful spending and make a goal of paying down your debt once and for all.

Third, create a savings plan for your retirement and for a rainy day

Fourth, review your life insurance coverage. Products like disability insurance, extended medical insurance and critical illness insurance allow you to focus on healing.

To learn more, talk to your financial advisor or visit desjardinslifeinsurance.com.

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Tiger climbs back atop the mountain in world rankings

PGA. Woods cruises to win at Arnold Palmer Invitational to take No. 1 spot from McIlroy

Tiger Woods is back to No. 1 in the world with a game that looks as good as ever.

Woods walked off the 18th green Monday waving his putter over his head — his magic wand this week at Bay Hill — to acknowledge the fans who have seen this act before. He won the Arnold Palmer Invitational for the eighth time to tie a PGA Tour record that had not been touched in 48 years.

This win had extra significance. It returned Woods to the top of the world ranking for the first time since the final week of October 2010, the longest spell of his career.

"It's a byproduct of hard work, patience and getting back to winning golf tournaments," he said.

Woods never let anyone closer than two shots in the final round at Bay Hill that was delayed one day by storms. With a conservative bogey he could afford on the last hole, he closed with a 2-under 70 for a two-shot win over Justin Rose.

Next up is the Masters, where Woods will try to end

his five-year drought in the majors.

Woods fell as low as No. 58 in the world as he coped with a crisis in his personal life and injuries to his left leg. One week after he announced he was dating Olympic ski champion Lindsey Vonn, Woods celebrated his third win of the season, and his sixth going back to Bay Hill a year ago.

"Number 1 !!!!!!!!!!!!!!!" Vonn tweeted moments after his win.

Like so many other victories, this one was never really close.

Rickie Fowler pulled to within two shots with a 25-foot birdie putt on the 14th hole, but after he and Woods made bogey on the 15th, Fowler went at the flag on the par-5 16th and came up a few yards short and into the water. Fowler put another ball into the water and made triple-bogey.

Fowler had to settle for a 73 and a tie for third with Mark Wilson (71), Keegan Bradley (71) and Gonzalo Fernandez-Castano (72).

Rory McIlroy had been No. 1 since he won the PGA Championship last August. He can reclaim the No. 1 ranking by winning the Houston Open this week. Woods heads home to south Florida for two weeks before the Masters.

THE ASSOCIATED PRESS



Tiger Woods acknowledges the crowd after winning the Arnold Palmer Invitational in Orlando, Fla. With the victory, Woods is No. 1 again in the world rankings. DAVID CANNON/GETTY IMAGES

Tiger subdued

Snarl buried below the surface



CATHAL KELLY
Special to Metro

He was never very giving of himself. Having returned to the top on his knees, Tiger Woods gives nothing any more.

"How does it feel, after all this time?" Woods was asked, seconds after winning the Arnold Palmer Invitational. If ever there was a moment to look back from the top and appreciate the difficulty of the climb, this seemed like it.

"It's a byproduct," Woods said evasively, and with an odd hint of menace. "A byproduct of hard work."

The game has returned, but the swagger that once accompanied it is gone. Woods is 37 years old. He looks younger.

He plays older. **GO TO METRONEWS.CA/VOICES FOR MORE FROM CATHAL KELLY ON TIGER WOODS.**



D'Aguilar shows full repertoire at combine



Ben D'Aguilar TORSTAR NEWS SERVICE

Ben D'Aguilar likes being different.

So when the McMaster Marauders' colourful defensive end met with CFL officials during the league's combine on the weekend, he made sure his answers were honest and from the heart and not necessarily sugar-coated for their benefit. It was all part of the six-foot-two,

240-pound Hamilton native's master plan to be his own man during the two-day audition.

"I love being different. I don't want to be regular," D'Aguilar said following Sunday's 1-on-1 drills at Varsity Stadium in Toronto. "A lot of guys might switch their answers based on who they're talking to, but I'm always me."

"I'm not just a fun guy all the time. I have a lot of aspects to my personality."

Test results are important to officials but many put a lot of stock in the 1-on-1 interviews with prospects. It's an opportunity for them to get close and personal with the men who one day could don their team's colours.

"The interviews are a huge process for us because we try to get inside the kid and find out what motivates them," said Scott Milanovich, the head coach of the Grey Cup champion Toronto Argonauts. "For me, that might even be the most beneficial part of the weekend.... The interview is important." THE CANADIAN PRESS

CFL

Williams making return to Riders

Renauld Williams is back with the Saskatchewan Roughriders.

The veteran linebacker re-signed with the Riders on Monday after spending the last two seasons with the Hamilton Tiger-Cats. Williams began his CFL career

with Saskatchewan (2007-09).

The six-foot, 228-pound Williams was an East Division all-star with Hamilton last year after recording 94 tackles, three sacks and an interception.

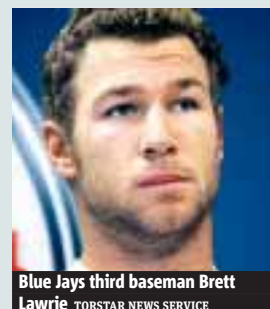
Over his three seasons with Saskatchewan, Williams, 32, registered 98 tackles, six sacks, five forced fumbles and an interception in 31 regular-season appearances. THE CANADIAN PRESS

MLB

Opening day out of reach for Jays' Lawrie

The Toronto Blue Jays aren't willing to risk third baseman Brett Lawrie suffering another long-term injury.

The team announced Monday that the native of Langley, B.C., will start on the disabled list with a strained rib cage. THE CANADIAN PRESS



Blue Jays third baseman Brett Lawrie TORSTAR NEWS SERVICE

Morrow joins Penguins



"I just don't want to screw it up. They're going pretty good."

New Penguins forward Brenden Morrow upon his arrival in Pittsburgh on Monday. Morrow, acquired from the Dallas Stars on Sunday, joins the Penguins amidst a 12-game win streak.

4 SPORTS

Taking on world an all new experience for Jacobs

Curling. Brier winner from Northern Ontario still coming to terms with wearing Maple Leaf

Brad Jacobs is getting ready to exchange his moose for a Maple Leaf.

The 27-year-old Sault Ste. Marie, Ont., curler got comfortable wearing a moose emblem, symbolic of Northern Ontario, while skipping his rink at the past four Brier championships.

He is still getting used to the idea of wearing Canada's colours in his inaugural appearance at the world men's curling championship in Victoria, which begins Saturday and concludes April 7.

But it won't be difficult to get motivated.

"This is the first time we're going to wear the Maple Leaf on our backs, so we're new to this," said Jacobs on a conference call Monday.



Northern Ontario skip Brad Jacobs celebrates scoring three in the fourth end during the gold-medal draw against Manitoba's Jeff Stoughton on March 10 in Edmonton. JONATHAN HAYWARD/THE CANADIAN PRESS

"I think once we get there, and we throw on the clothes and we go out for practice, we're really going to feel what it's like to be Team Canada and the pride that goes along with that."

Jacobs will compete against the world's best with his rink,

comprised of brothers lead Ryan Harnden and second E.J. Harnden, along with third Ryan Fry. The skip and his front-end mates are actually first cousins.

Jacobs and company will try to give Canada its fourth consecutive world title. As a youth, Jacobs dreamed of winning the

Quoted

"Being a little bit of a smaller community, everyone's rallied around us."

Ryan Fry, a Winnipeg native who joined Brad Jacobs' rink this season. Fry has played with Manitoba, Newfoundland and Labrador, and Northern Ontario — at provincials and the Brier.

Brier, which he did for the first time in Edmonton earlier this month topping Manitoba's Jeff Stoughton in the final.

The worlds? Not so much.

According to Jacobs, the foursome has not had much time to prepare for Victoria.

Jacobs, the Harndens and Fry were feted upon their return from the Brier to Sault Ste. Marie with a large turnout at the airport; a party attended by approximately 500 people at their local curling club; a meeting with the mayor; and a special ceremony at a Sault Ste. Marie Greyhounds OHL game.

THE CANADIAN PRESS

NBA. Heat move within six games of tying record

LeBron James left one rebound shy of a triple-double, feigning a bit of frustration as he checked out of the game.

That's about all the Miami Heat could complain about these days.

James finished with 24 points, 11 assists and nine rebounds, and the Heat won their 27th straight game by running away in the final minutes to beat the Orlando Magic 108-94 on Monday night.

Mario Chalmers scored 17, and Chris Bosh and Ray Allen each added 12 for Miami, which broke open a tie game with a 13-0 run spanning the



Heat forward LeBron James
GETTY IMAGES

end of the third and start of the fourth quarters.

The Heat now are within six games of matching the 1971-72 Los Angeles Lakers for the longest winning streak in NBA history. THE ASSOCIATED PRESS

NHL

Semin signs 5-year pact with Carolina

Alexander Semin has found a home with the Carolina Hurricanes.

The team said Monday that the left winger has agreed to a five-year contract extension that will pay him

\$7 million per season and keep him with the Hurricanes through 2017-18.

Semin had spent his first seven seasons with the Washington Capitals. He got a fresh start over the summer with Carolina. Skating alongside Eric Staal, Semin has a team-best 22 assists and is second with 30 points.

THE ASSOCIATED PRESS

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Horoscopes

Aries

March 21 - April 20

Taking care of other people's needs may be a chore you would prefer to avoid but it has to be done. You may even be surprised to discover you actually quite enjoy the experience.

Taurus

April 21 - May 21

You may be desperate to know what's going on but don't let others know or they'll play games with you. Pretend you don't care and they'll let you in on the joke.

Gemini

May 22 - June 21

With Jupiter, planet of good fortune, transiting your sign and linked to Mars, there is no way you can lose. Even if you do end up a few dollars out of pocket, you will make up for it in other ways.

Cancer

June 22 - July 23

The planets make it clear that the right time to boost your standing is today. Someone in a position of authority will look kindly on your bid for a promotion or a raise, but only if you make that bid now.

Leo

July 24 - Aug. 23

You know what is right and you know what is wrong, so what's the problem? The planets are asking you a simple question: Do you act according to your higher or your lower nature? So, what's your answer?

Virgo

Aug. 24 - Sept. 23

You may not see a direct link between what you do for someone today and what others do for you tomorrow, but it is there. It's a law of the universe that if you help others you also help yourself.

Libra

Sept. 24 - Oct. 23

You won't have to work hard to get what you want today. With Jupiter transiting one of the best areas of your chart, many things come easy to you. Think what you might achieve if you make a serious effort.

Scorpio

Oct. 24 - Nov. 22

You may seriously be thinking about giving up on your quest. Don't! You may still be some way to from the place you want to be but half your journey is already behind you.

Sagittarius

Nov. 23 - Dec. 21

It may look as if some people have been less fortunate than you but there is no reason why you should feel guilty about it. Be the best you are at what you do and set an example.

Capricorn

Dec. 22 - Jan. 20

Don't interfere in a situation that has nothing to do with you. However pure your intentions, you will most likely annoy a friend or relative and may even make the situation worse than it was before.

Aquarius

Jan. 21 - Feb. 19

You feel you should be doing something more, something that has meaning. Has it not occurred to you that just being yourself is enough? Maybe you are standing too close to yourself to see it.

Pisces

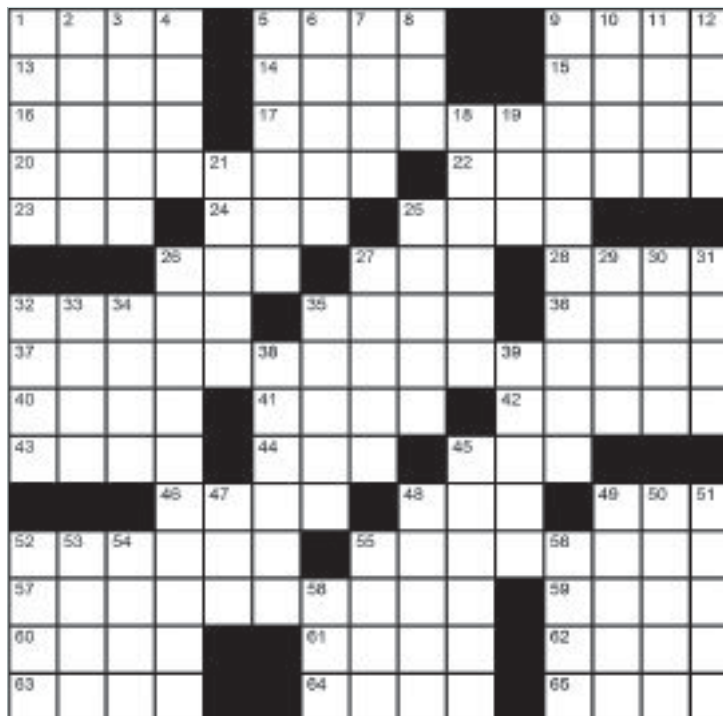
Feb. 20 - March 20

You can devote the day to pleasure or to work —the choice is yours alone to make. Whichever course you choose, some people are sure to complain but you must ignore them. Their pleasure, it seems, is complaining. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Pink Floyd's "Comfortably ___"
5. Gremlins
9. Operation-giver, for short
13. "Are you ___ out?": 2 wds.
14. Say ___ (Deny): 2 wds.
15. "Dynamite" singer Mr. Cruz
16. "Star Trek: Deep Space ___"
17. "Run Run Run" band from Toronto
20. Canadian fashion brand: 2 wds.
22. Flood-stoppers
23. Bug
24. Half of two
25. Feeling
26. Protrude
27. ___ Engr.
28. Herb
32. Mixtures
35. Compete on ABC's "Splash"
36. Puccini aria: "___ Babbino Caro"
37. RCAF's CF-18: 2 wds.
40. Store door sign
41. South's opposite, in French
42. Curses
43. Swedish artist, Anders ___
44. Aunt: Spanish
45. Iceland band, Sigur ___
46. House's back or front area
48. Endings for many Y-ending words when plural
49. Job applicant's 9-digit ID
52. Jagged chain of mountains
55. Quebec locale historically a mining town
57. Component of any makeover: 2 wds.
59. Songstress Ms. Perry



plural

49. Job applicant's 9-digit ID
52. Jagged chain of mountains
55. Quebec locale historically a mining town
57. Component of any makeover: 2 wds.
59. Songstress Ms. Perry

60. Bryan Adams' "18 ___ Die"

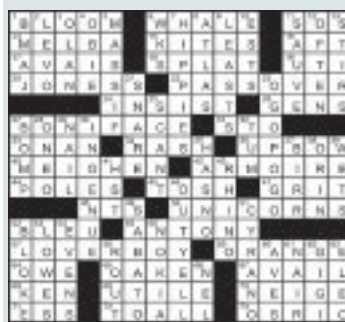
61. Comic strip, ___ and Janis
62. Tehran's locale
63. Dutch city
64. "As if!": 2 wds.
65. Richie's mom to Fonzie, ___

Down

1. "Teenage Mutant ___ Turtles"
2. Toronto's ___ Station
3. French impressionist, Claude ___
4. Brief: French
5. Tab key function
6. Kind of code
7. Memphis deity in

8. Soak, in dialect
9. Dock workers
10. 'Grad' add-on (Get a diploma)
11. Ceremony
12. Proceeds
18. Master Twist, Charles Dickens character
19. Bird beak
21. Awaken
25. Brilliant
26. "Fire It Up" born in Scotland/raised in Canada singer: 2 wds.
27. Single-named American songstress
29. Jumbo-sized movie venue
30. Vitality
31. Oodles
32. "The Wizard ___" (1939): 2 wds.
33. Prefix with 'suction'
34. Disney CEO, Bob ___
35. Sci-Fi character
38. Catch
39. Selected
45. Start the computer again
47. 'A' in ETA, for short
48. Basket fibre
49. Ringo's last name
50. Wee bits
51. "Bye Bye Bye" band
52. U.S. pre-coll. exams
53. "___ were up to me..."
54. French: Ici ___ (Here and there)
55. Two choices, ___
56. ___ milk
58. Yes, in Japan

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: -2°
MIN: -11°



MAX: 0°
MIN: -8°



MAX: -5°
MIN: -12°



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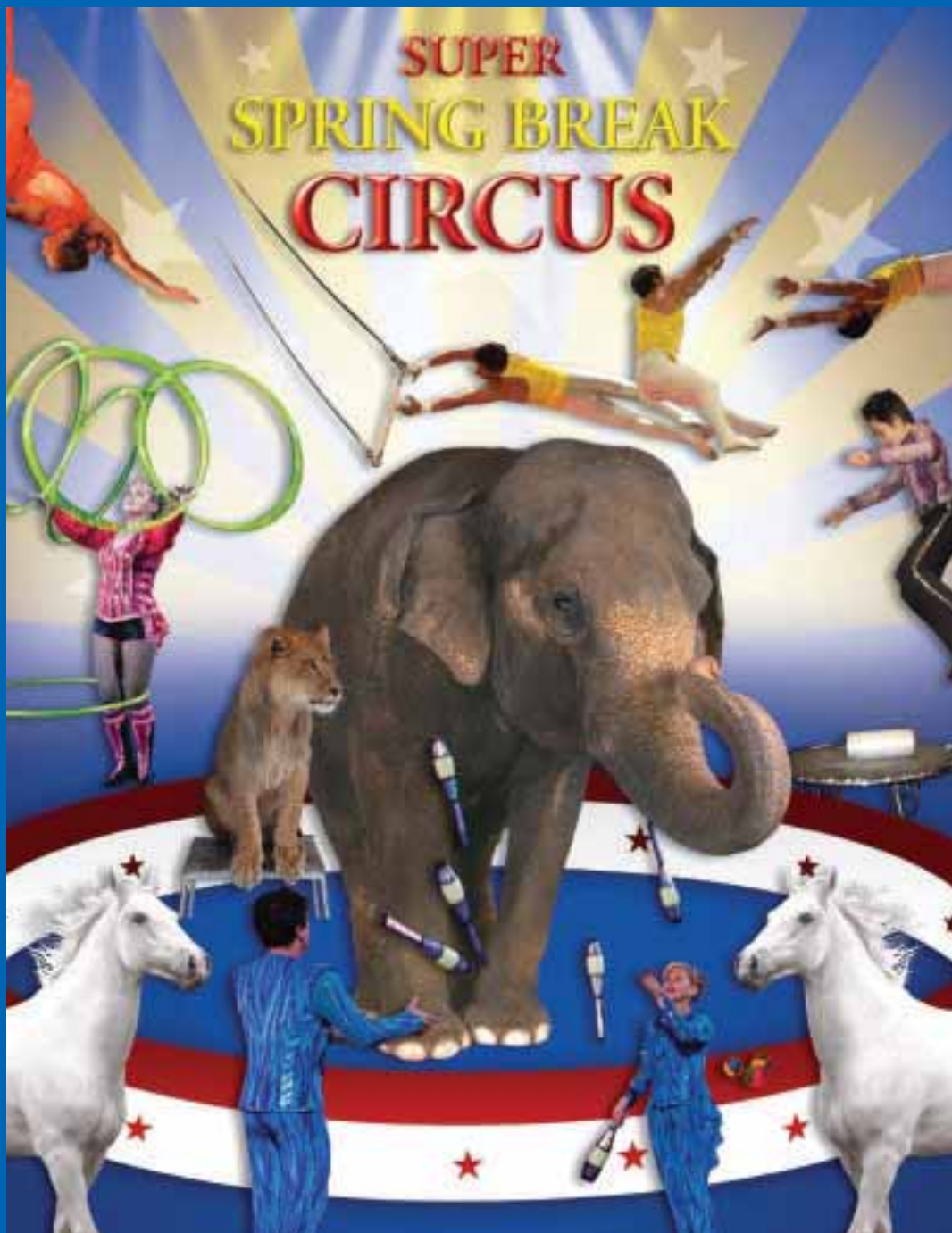
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